

That which is claimed is:

1. A non-pharmacological method of treatment for health and behavioral problems in a human subject using a negative ion solution comprising the steps of:
  - a) Producing a negative ion solution with a zeta ion potential of at least  $-10$  mV or greater by successively dissolving a negative ion active ingredient completely in water, and;
  - b) Exposing the subject to negative ions by contacting the subject with the negative ion solution in the form of spray, mist, humidifier, inhaler, liquid drink or shower without the use of a negative ion generator.
2. The method according to claim 1 wherein said negative ion active ingredient is selected from the group consisting of polyphosphate, sodium tripolyphosphate, pentasodium triphosphate, carrageenan, irish moss extracts, sea weed extracts, red seaweed extracts, beta-1,3-Dgalactose and alpha-1,4-3,6-anhydro-D-galactose polysaccharides, phycocolloids, sodium carrageenan, potassium carrageenan, calcium carrageenan, or a salt form of carrageenan, extracts of kelp, extracts of alaria, or extracts of laver-nori.
3. The method according to claim 1 wherein said water may be substituted with other suitable solvents selected from the group consisting of alcohol, buffers, or organics solvents.
4. The method according to claim 1 using a spray, mist, inhaler, liquid drink or shower does not require electricity.